

August 2016

OUR NOON MEAL
Menu items are listed on the calendar. **RESERVATIONS ARE REQUIRED.** Please sign your name in the lunch book at the front desk or call 215-723-5841 by Friday of the week prior to desired days. Upon arrival, please swipe your key card and place your anonymous donation (\$2.00 suggested) in the collection box.

TAKE-OUT MEALS are \$4 each. To order, visit our front desk or call 215-723-5841 by Friday of the week prior to desired days. Pick up and pay at our front desk from 12:15pm-12:45pm.

HAPPY BIRTHDAY
Celebrate birthdays with us on Wed., August 17! Lunch includes birthday cake for dessert, and Martha leads the singing!

OUR CAFE
The Café is open Mon.-Fri. from 9:00am-1:00pm and features an à la carte breakfast & lunch menu. No need to order, just stop by!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
1 10:00 Handicrafters 10:00 Blood Pressure Checks(p. 12) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Flounder 12:15 Duplicate Bridge 1:00 Memoirs	2 9:00 Crystal Cave Trip 10:00 Hand & Foot Cards 11-3 Technology Training (p. 9) 12:00 Lunch: Open-Faced Turkey Sandwich 1:30 Self Defense for Seniors(p. 4) 2:00 Painting Class	3 ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10-12 Farmers Market Vouchers (p. 7) 10:00 Bowling—Earl Bowl 11:00 My Life, My Health (p.12) 12:00 Lunch: Chef's Choice 1:00 Hasenpfeffer	4 ZB Massage 9:30-11:30 Technology Training 10-1 Farmers Market Vouchers (p. 7) 11:00 Acupuncture (p.12) 12:00 Lunch: Chicken Pot Pie 12:15 Bridge 12:45 Pinochle APPRISE Appointments (p. 7) 7:00 Turning 65 (p.7)	5 10:00 Eating Health on Vacation/ Farmers Market Nutrition (p. 3) 10:00 Summer Slides Line Dance 11:45 Smokey Joe's/Woodlands 12:00 Lunch: Sausage Baked Ziti 12:30 Mahjong 7:00 Evening Dance with Gary Dee	6 /
8 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Fish & Chips 12:15 Duplicate Bridge 1:00 Memoirs 1:00 Scrapbooking	9 Billiards Home vs. Pennridge 8:15 Nemours Mansion 10:30 Captivated by Color (p.9) 11:00 Caregivers Support (p.7) 11-3 Technology Training (p. 9) 12:00 Lunch: Open-Faced Roast Beef 1:30 Bingo 2:00 Painting Class SHARE Orders Due (p. 7)	10 9:00 Haircuts 9:00 Shuffleboard 10:00 Bowling 10-12 Farmers Market Vouchers (p. 7) 11:00 My Life, My Health (p.12) 12:00 Lunch: Sausage & Peppers 12:30 Valley Choral Society Performance (p. 4) 1:00 Hasenpfeffer	11 9:30-11:30 Technology Training 10-1 Farmers Market Vouchers 12:00 Lunch: Chicken Cordon Bleu 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing 3:30 Board Meeting	12 Reflexology Billiards Away vs. Ben Wilson 11:45 Magic & Wonder Trip 10:00 Summer Slides Line Dance 12-Lunch: All American Burger 12:30 Mahjong	13 /
15 10:00 Handicrafters 10:00 Depression & Aging (p. 4) 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Chicken Parmesan 12:15 Duplicate Bridge 1:00 Memoirs	16 Billiards Away vs. Arbour Square 8:00 Newsletter Mailing 10:00 Beginner Quilting 10:00 Hand & Foot Cards 11-3 Technology Training (p. 9) 12:00 Lunch: Pulled Pork Slider 2:00 Painting Class	17 9:00 Haircuts ZB Massage Billiards Home vs. Ambler 9:00 Shofuso Japanese House Trip 9:00 Shuffleboard 10:00 Bowling 10-12 Farmers Market Vouchers 11:00 My Life, My Health (p.12) 12:00 Lunch: White Wine Salmon & Birthday Cake 1:00 Hasenpfeffer Financial Counseling (p. 7)	18 Diabetic Shoe Evals(p. 12) 9:30-11:30 Technology Training 10-1 Farmers Market Vouchers 12:00 Lunch: Philly Cheesesteak 12:15 Bridge 12:45 Pinochle Legal Aid (p. 7)	19 Billiards Home vs. Arbour Square 9:30 Shady Maple/Goods Trip 10:00 Summer Slides Line Dance 12:00 Lunch: Veggie Lasagna 12:30 Mahjong	20 9:30 Hike: Nockamixon
22 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) Hearing Checks (p. 12) 12:00 Lunch: Chef's Choice 12:15 Duplicate Bridge 1:00 Memoirs	23 9:00 Morris Arboretum 10:30 Captivated by Color (p.9) 12:00 Lunch: Crab Cake 1:30 Bingo 1:30 Book Club with Toni: <u>Dead Wake</u> (p. 8) 2:00 Painting Class	24 ZB Massage 9:00 Haircuts MONTCO Trail Celebration (p. 1) 9:00 Shuffleboard 10-12 Farmers Market Vouchers 10:00 Bowling—Earl Bowl 11:00 My Life, My Health (p.12) 12:00 Lunch: Grilled BBQ Chicken 1:00 Hasenpfeffer	25 10-1 Farmers Market Vouchers 12:00 Lunch: Ham 12:15 Bridge 12:45 Pinochle 1:00 Creative Writing SHARE Order Pick Up (p. 7)	26 Reflexology 10:00 Summer Slides Line Dance 12:00 Lunch: Meatball Sub 12:30 Mahjong 7:00 Family Night Bingo (p. 8)	27 /
29 10:00 Handicrafters 10:30 Veterans Shuttle (p.7) 12:00 Lunch: Dijon Chicken 12:15 Duplicate Bridge 1:00 Memoirs	30 10:00 Vertigo-Away! (p. 5) 12:00 Lunch: Pizza 2:00 Painting Class	31 ZB Massage 9:00 Haircuts 9:00 Shuffleboard 10-12 Farmers Market Vouchers 10:00 Bowling—Earl Bowl 11:00 My Life, My Health (p.12) 12:45 Steady on Your Feet (p. 5) 12:00 Lunch: Pork & Sauerkraut 1:00 Hasenpfeffer	Who's Calling? We sometimes use an automated phone system to relay schedule information to our participants. If you receive a call from a "617" (Massachusetts) area code, it might be us! Please answer the phone or let your machine pick it up to hear important information (you may hear a pause first). Phone lists are generated from our participant sign-ins.		

SCHEDULE ANNOUNCEMENTS

All events are subject to change.

WEEKLY FITNESS OFFERINGS

(held each week at the corresponding day & time unless noted above): See p. 13 for full descriptions.

MONDAYS:
 9:00 Flexercise
 10:00 Meditation
 10:30 Tai Chi

TUESDAYS:
 8:15 Low & Go
 9:00 Sit, Stretch, Flex
 9:00 Gentle Yoga

WEDNESDAYS:
 9:00 Step Aerobics

THURSDAYS:
 8:15 Low & Go
 9:00 Sit, Stretch, Flex
 9:00 Gentle Yoga
 10:00 Dancefit
 7:00 Zumba Gold

FRIDAYS:
 9:00 Flexercise
 10:00 Summer Slides
 10:30 Tai Chi

